



Simple Tips and Tricks to Live Your Best Life and Ditch the Drama

Thursday, March 31, 2022 | 3:30 p.m. – 4:30 p.m.

Learn how to easily integrate some simple practices that you can do daily to take the edge off the stressors in your life. This workshop will introduce the basic mechanisms of the stress response in the body and share ways to override this so that you can have more happy and healthy moments. We will take a look at social, emotional, and physiological practices to keep you on track.

Selena Wilson has been teaching art for 15 years and currently serves middle school students for Riverside Virtual School. She is passionate about holistic and integrative education that centers the students wellbeing. In 2015 she received her yoga teaching certificate as part of her journey to alleviate chronic migraines and curtail the stresses of her personal life. She is the author of *A Practical Workbook for Social Emotional Intelligence*, and is happy and excited to share some of the key tenets outlined in the book during this workshop! All participants will be mailed a copy of the book ahead of the workshop.

Cost: No fee | Attendee Limit: 20 | Location: Zoom

Register: <http://rcoe.k12oms.org/485-215372>